

BERNAL JOURNAL

1984 November/December

INSIDE

To Your Health ... p. 2

Open House p. 4

Bulletin Board pp. 6-7

STREET FESTIVAL

By Susan Keller

Cortland Avenue can almost always provide a friendly face, a sound bargain or something good to eat for the residents of Bernal Heights. But on Saturday, September 29, Cortland Avenue did more than just offer these pleasures, it practically overflowed with them, in the blocks between Andover and Gates, site of the Fifth Annual Bernal Heights Cultural and Arts Street Festival.

All the for-profit booths made money and the crowd of 800-1,000 which roamed Cortland Avenue from 10 to 6 p.m. was about as big as expected.

While every aspect of the Fair did not go over flawlessly, the event was great fun for those who attended and reportedly successful for those who planned it.

The Fair was well monitored thanks to the presence of the entire Bernal Heights police station and the hard work of the security volunteers. One rowdy incident was said to have been easily quelled and another was prevented from happening because of the quick work of the officers, said Gloria Ronas, booth coordinator of the Fair.

The crowd, however, did not seem to care much about the police officers, the number of people or the amount of profit. The order of the day for most fair-goers was warm sunshine, loud, pulsating music, good food and plenty of information.

"That is what I like about the Fair," said Bertha Amaro, BHCF Executive Director. "So many different groups are represented. You can learn a lot and have a lot of fun."

At the head of the Fair, the bandstands provided a steady stream of live music, announcements and encouragement from the crowd. Groups as diverse as 'Cesar's Latin All Stars' or the heavy metal 'Eclipse'

September's Cortland Fair



ANNUAL STREET FAIR A SUCCESS



or the rapping funk of the 'Legionnaires' pumped a lively beat into the air as people gathered on the library steps and on both sides of the street to dance and to clap.

At the other end of the festival, the independent DJs of Gemini Productions were drawing their own crowd of toe-tappers and cat callers. The two DJs definitely had a handle on the fast-talking, however, as they slickly rapped their way in and out of many a dance hit. They even grabbed attention with lesser known songs due to their smooth speaking.

In between what could be called these musical endpieces of the Festival, people were meeting, eating, buying and learning. The ethnic diversity and political vivacity of Bernal Heights was evident in all the activity. Foods included lumpias, tacos, ribs, and hotdogs with sauerkraut. The merchandise came from El Salvador, Ecuador and Peru, just to name a few countries. A German man had photographed his neighborhood in the Mission and was selling postcards he had made from the photos. Another man made toys out of wood, and one woman was selling trinkets she had made from stained glass.

In the midst of all this consumption, the nonprofit booths did their best to teach, inform and persuade people about their activities. Several people were milling through the crowd to register voters or distribute leaflets. Several people talked about their issues while they served food. One man was even running an anti-draft campaign from an ironing board!

Probably the most effective persuasion was occurring at the dunking booth run by the Bernal Heights Youth Council. There the carnival-type barkers convinced athletes of all shapes and sizes to try their hand at tossing a softball and dunking the 'sitting duck' in their booth.



STREET FAIR PHOTOS
BY H. EUGENE FOSTER

One Big Block Party

TO YOUR HEALTH!

Accident Insurance

Beginning July 1, 1985, California motorists will have to carry cards or other proof that the cars they are driving are insured.

Gov. Deukmejian announced that he has signed a bill that could subject motorists who cannot provide proof of car insurance to fines of \$100 to \$250.

Current state law requires motorists to have car insurance, but the law is not enforced until an accident happens.

on the Move

° Every 4 seconds someone is injured in an accident

° Every 6 minutes someone dies in an accident

In 1982 alone:

° 93,000 fatal accidents occurred

° 46,000 were fatal motor vehicle accidents -- the No. 1 cause of accidental death

° 8,600 were auto/pedestrian accidental deaths

° Accidents were the leading cause of death among people age 1 to 38

The National Safety Council's Accident Facts, 1983

HEALTH CENTER NO. 3

The next glaucoma testing clinic will be held Saturday, Dec. 8, 8:15-10:15 am at District Health Center #3, 1525 Silver Ave., 468-3664. There is a \$1.00 fee.

Glaucoma is a leading cause of blindness in people over the age of 35. Its onset is gradual. A person may be aware of only slight changes in vision. To prevent progress toward blindness, early detection and prompt treatment of glaucoma are necessary. The test is simple, quick, and painless.

HEPATITIS

Dr. James Maynard, from the Centers for Disease Control in Atlanta, GA, said that the number of persons listed as hepatitis-B carriers is increasing at the rate of 2,000 per years in Canada and 20,000 in the United States. It is estimated that worldwide about 200 million people are carriers. Chronic hepatitis is the cause of 80 percent of the world's liver cancer cases according to Dr. Maynard, who adds: It is second only to cigarette smoking as a major, known cancer-causing agent."

Dr. Maynard says that this hepatitis is largely spread through sexual relations, with the risk increasing in direct relation to the number of sex partners. He also asserts that every year the individual homosexual runs a 25 percent risk of becoming infected. By the age of 40, studies show, 85 percent of homosexuals have been infected.

photos from
Open House



Resources

Listed here are several community resources for people seeking help with cocaine-related problems.

Some are free and others involve a fee.

Cocaine Hot Line. Phone (800) COCAINE. This national, 24-hour toll free hot line is a privately funded service of Fair Oaks Psychiatric Hospital in New Jersey. Crisis counseling is provided, but its main purpose is to give referrals to treatment centers in your area.

Cokenders. Phone (415) 652-1772. This residential treatment center in a restored old health spa in Wilbur Hot Springs (Colusa County), offers an intensive, five-day holistic treatment program. No drugs are allowed. Clients pay \$1,675 for the program.

Haight-Ashbury Free Detoxification Clinic, 529 Clayton, San Francisco. 621-2014. Although this outpatient clinic treats all types of substance abuse, there is a specific treatment program for those with a cocaine problem.

Sulfites Warning

A federal advisory panel recommended in October that a widely used food preservative (linked to four deaths and allergic reactions in some asthmatics) be identified on package labels and in restaurant notices, pending completion of additional studies, an FDA report concluded. Appropriate identification of foods containing sulfiting agents should be instituted to enable those sensitive to the substances to avoid them. Allergic reactions to sulfiting agents include severe wheezing, extreme shortness of breath and sometimes loss of consciousness and coma.

The FDA also has made a similar proposal for warning notices in restaurants and grocery stores, and warning labels on packaged foods containing sulfites.

The most commonly used sulfites are sulfur dioxide, sodium bisulfite, potassium metabisulfite and sodium metabisulfite. Sodium sulfite and potassium bisulfite, which are less common, also are sulfiting agents.

Foods commonly treated with sulfites include:

- ° Pizza
- ° Instant Tea
- ° Cake mixes
- ° Pie dough
- ° Gelatin
- ° Beer and wine
- ° Shrimp and other seafood
- ° Canned and bottled fruit juices
- ° Canned, frozen and dried vegetables
- ° Ginger ale and colas
- ° Some drugs also contain sulfites.
- ° Pasta
- ° Coffee
- ° Cookies
- ° Sugar
- ° Snack foods

LOOKING

FOR A NEW WAY TO DEAL WITH
ALL THOSE EMPTIES?

TAKE THEM TO:



OPEN Sat 9am-2pm
Mon, Wed and Fri 9:00-12:00pm
SUNDAYS 10am-3pm

we recycle CORRUGATED CARDBOARD
NEWSPAPER

WE BUY GLASS
ALUMINUM CANS
MON AND WED 9am-12 pm

AT FARMERS' MARKET
100 Alemany Blvd. (at 101&280)

Info 282-0364

YOU CAN'T DRAW
A STRAIGHT LINE
IN A CURVED
SPACE.

SIMONE DE BEAUVOIR

BERNAL RECYCLING CENTER

The California Waste Management Board encourages four alternatives to landfill. They are waste-to-energy, recycling, waste reduction and composting. Recycling has the greatest support, its popularity based upon a widespread and growing environmental consciousness.

Bernal Heights residents have their own Bernal Recycling Center handy at Farmers Market, 100 Alemany, open M-W-F 9-12, Sat. 9-2 and Sun. 10-3. They accept corrugated cardboard, newspaper (no magazine), glass (also buy), and aluminum cans (also buy). They also cheerfully accept volunteers for 1-19 hours a week -- 282-0364.

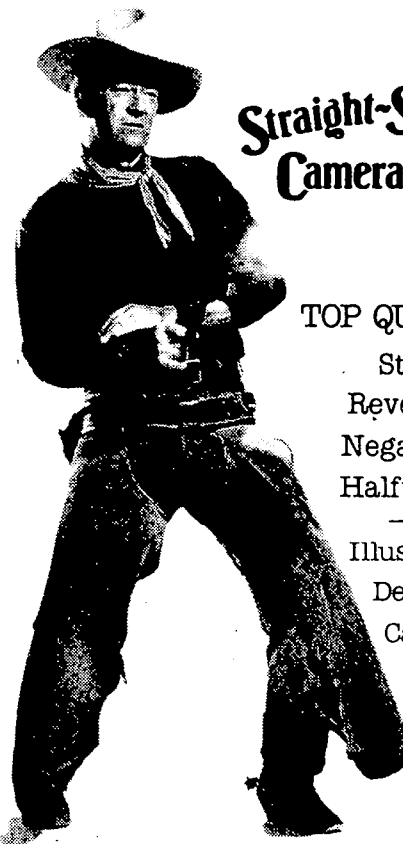
SENIOR TAX

Senior citizens who wish to participate in the Property Tax Postponement Program have until Dec. 10 to file a claim with the State Controller's Office in Sacramento.

To qualify, applicants must be 62 years or older on Dec. 31; must have owned and occupied the property as their principal place of residence on Dec. 31, 1983; total household income for 1983 must not exceed \$34,000 (\$24,000 for new filers).

Additional info: Office of State Controller, P.O. Box 952, Sacramento, CA 95804, or toll free no.: (800) 952-5661.

Straight-Shootin'
Camerawork



TOP QUALITY

Stats
Reverses
Negatives
Halftones
Illustration
Design
Calligraphy



110 Winfield St.
In Bernal Heights

648-0726

Hours: Monday-Friday 10:00-5:30

Bernal Heights Neighborhood Center

515 Cortland Ave

- SENIOR NUTRITION Program
- ENGLISH - SECOND LANGUAGE
- GIRL SCOUTS
- A. A. - N.A.
- BREAK DANCE CLASS
- YOUTH EMPLOYMENT
- RENTAL OF SPACE FOR PRIVATE EVENTS
- YOUTH LEADERSHIP Training Development
- WEIGHT - LIFTING CLASS
- BERNAL JOURNAL
- AEROBIC CLASSES
- U.S. POSTAL EXAMINATION Training
- HEADSTART
- FIELD TRIPS
- ENGLISH CLASSES

San Francisco, Calif 94110 648-0330

Neighborhood Center Celebrates Anniversary

By Susan Keller

Roberto Hernandez, Director of the Bernal Heights Neighborhood Center, said he wanted to make the Center's second annual Open House "something exciting," something "different from the usual meetings, counseling and everyday activities of the Center."

From the time the Center's doors opened at noon on Saturday (October 27) until they closed at five, Roberto could be seen in suit and tie, running from the door to the microphone to any one of several groups of volunteers. As over 800 people poured into the Neighborhood Center, it seemed Roberto was going to deliver an exciting day singlehandedly.

Actually, he was just one of many who helped provide the food, entertainment and planning which made the Open House a success.

Neighborhood people were drawn into the Center by the delicious 'finger food' which was prepared and donated by volunteers. The "West Wing Volunteers" worked especially hard in the kitchen to make sure all 800 people received some lunch.

After eating, those who stayed in the Center had the chance to see the break dancing, Hawaiian dancing and singing of fourth, fifth, and sixth graders from Paul Revere Elementary School. Judy Drummond, a teacher at Paul Revere and a community activist, introduced and directed the children's show.

Senior citizens who meet regularly at the Center were helping out everywhere: they sold raffle tickets, served lunch and provided entertainment. John Castiglia and his friend, Larry were not shy about singing and playing some of their favorite songs. And later the two led everyone in singing "Happy Birthday" to Father James O'Malley of St. Kevin's Church.

Perhaps the most moving celebration of the afternoon came when the Hogar del Nino, a group of orphans from Nicaragua, sang and danced. Although requests to adopt some of the children on the spot could not be honored, those at the Open House did contribute \$280 to the young people's cause and welfare. Other entertainment included the "Salsa Angels" and the "Legion of the Doom" rappers.

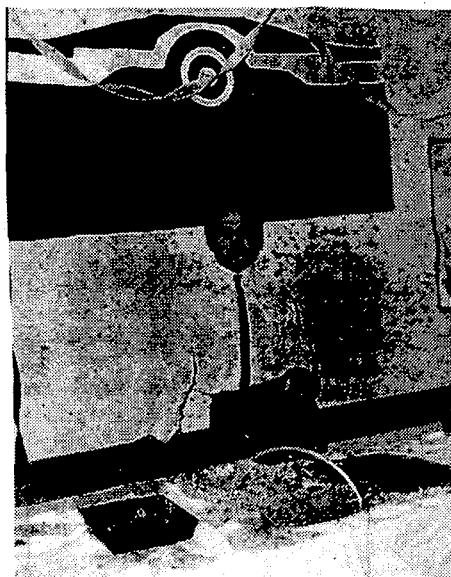
Grand Prize winner in the raffle was Ruth Stone (a color TV), Wanon Antiblon won a trip to Reno, and Salina Vez won a 10-speed bicycle. The raffle raised \$1500 for the Neighborhood Center.

Roberto said the day was a great chance to let the people at Bernal Heights "show their talents" and find out "what's going on" at the Neighborhood Center. He and the many volunteers supporting the Open House set good examples on both scores.

Among the prizes were: Color TV, Reno Trip (2), 10 Speed Bicycle, Vacuum Cleaner, Groceries, Cable Car, Digital Clock, Marine World Tickets (2), Pan Set, World Clock, Records, Break Dance Tickets, Legal Services, Royal Beauty Supply, One month Aerobics/Karate/Weight-



Happy Anniversary



More photos p. 2

lifting, McDonald Gift Certificates, About Face Lamps, Mary Kay Cosmetics, Bottles of Champagne.

Among the winners at the Bernal Heights Neighborhood Open House raffle were:

Ruth Stone, Wanon Antiblon, Salina Vez, C. Broussard, E. Tripald, Anne Golf, Jerry Main, Fernando Cosio, Wesley Wong, Economy Sales, Barbara Bagot, Pansy Waller, A. Paz, Dave Hestor, Linda Reid, Yvonne Ramos Dwayne Brown, Chuck Ayala, Quan-Deepn Lee Egger, Anita Broussard, Nelson Williams, Mary Foy, J. de Venner's Rita Alviar, Michael Reed, Robert Pennington, Julia Krellner, Wilma de Gracia, Gary Kern, Irene Doss, Sulu Palega, St. Kevin's Church, Helen Gong, Lindy, Buck Bagot, Jim Oswald, Susie B. Martinez, Jan Masaoka, Jerous Jourrow, Darlene Castillo, Marilyn Ancil, Eva Galvez, Mary Brady, Hilda Suhenne, Art Tapia, Rick Longinotti, Dorothy Lont, Gene Dolen, Myra Montana, Jim de Soto, Maryann Medina, Audrey O'Gilvie, Joan Deepn, Quan & Arima, Joe Amaro, Angela Gonzales, Sima Galon, Jake Espinoza, Vivian de Ceoursty, Nancy O'Brien, Richard Modole, C. Broussard, J. Zamacona, Teddy Chadwick, Sylvester Mateo, Arcadia Castillo, Vincent Chao, Paul Kreft, John Flowers, Yolanda O'Brien, D. Patania, Sylvia Yee, and Richard Gorman.

Among the volunteers who donated their hours to help in the Open House were the following:

Marion Barr was honored and received a gift of \$150.00; Araceli Matus, Linda Kennedy, Tina Allen, Judy Gong, Naomi de Gracia, Mary Foy, Paul Kreft, Ron Bermudez, Judy Drummond and Eric Recinos.

Special thanks to Ricky Walker and International Sound Productions who provided the sound systems to Neighborhood Arts for the stage, and to the main organizers of the Fair: Roberto Hernandez, Yolanda Yakuez, Larry Peoples, Gloria Ronas, Raymond Mason, Arthur Hopkins, and Mike Ramirez. Money sponsors included Mayor's Youth Bowl Fund (\$1,000), Anheuser-Busch (\$1,000) and Northern California Grant Makers (\$950).

The Bernal Heights Neighborhood Center Offers:

- Meeting Rooms
- Senior Services
- Kitchen
- Youth Services
- Dining Hall
- Health Services
- Arts and Crafts Room
- Social Hall

ADULT SEXUAL ASSAULT and CHILD SEXUAL ABUSE: A FEW FACTS

"Sexual Assault -- What You Can Do About It" is the title of a program for parents and children, through the S.F. Public Library. Wednesday, Nov. 28, 7:00 pm. at Chinatown Branch, 1135 Powell, for parents and children. Adults only, 2 pm. Saturday, December 8.



Este es el nombre del programa para padres y hijos a traves de la Biblioteca Public de San Francisco. Este programa esta patrocinado por la Comision de San Francisco para la Proteccion de la Mujer (S.F. Commission on the Status of Women). La proxima exhibicion y lectura sera el Miercoles, Nov. 28, 7 pm. en el Chinatown Branch, 1135 Powell, para padres Y hijos. Adultos solamente, 2 pm, Sabado, Dec. 8.

- Sexual assault is an act of power and violence expressed through sexual aggression.
- One out of four women is sexually assaulted sometime in her life.
- Sexual assaults do not occur because of some men lack sexual outlets. Many assailants have access to sex; what they want to express is power, dominance and control.
- Most men who rape other males consider themselves to be heterosexual.
- Most rapists plan their attacks. Most sexual assaults are not the result of sudden, overwhelming impulses.
- Only a small percentage of sexual assaults occur in open spaces. Over half of the incidents take place at the victim's home or some other residence.
- Anyone can be sexually assaulted, regardless of race, age, sex, physical appearance, or economic class. The youngest known victim in San Francisco was 3 months old; the oldest, 95 years.
- The victim of sexual assault is not to blame. It is never the victim's fault. The offender is responsible for this act.
- Most assaults occur between people who are not strangers. An estimated 85% of child molesters are known to the child or the child's family. Over half of adult women victims are acquainted with their assailants.
- Children don't lie about sexual abuse. It is important to believe them when they report it, even if the offender is someone you thought you could trust.
- Adult women do not falsely report assaults "to get back at a man." Studies and FBI statistics show the false report rate for sexual assault is the same as the rate for all felony reports -- 1-3%.
- Child sexual abuse is rarely violent. The offender often uses subtle manipulations, such as offers of friendship, toys, or candy, to achieve his aims.
- Sexual assaults are committed by ordinary people of all races, ethnic groups, economic classes, and ages. Assaults usually occur between people of the same race and economic class.
- Sexual assault is a serious problem. You can work to make yourself and your children safer and better able to react if an assault occurs. Read the safety tips in the library display and contact the community groups listed for more information.

Help for sexually abused children

This is a list of some of the organizations and private therapists in the Bay Area who deal with the problem of sexual child abuse:

S.F. Child Abuse Council	647-4576
S.F. Sex Counseling and Information	387-5100
S.F. Gen. Hospital's Sexual Abuse Resource Center for Adolescents and Children (24-hour aid)	821-8386
Center for Special Problems	558-4801
La Casa de las Madres (shelter for mothers and children)	469-7650
Family Violence Project	552-6554
Children's Self-Help Project (prevention)	552-8304
Legal Services for Children	863-3762
Talkline (24-hour parental stress line)	441-KIDS
Children's Emergency Services (report and referral)	665-0757
Juvenile Division SFPD	553-1321
Emergency Family Care Services	386-5551
Children's Hosp. Comprehensive Child Crisis Service	387-7799, 387-8700
SLAM, Society to Legislate against Molestation	(805) 484-2404
AMAC, Adults Molested as Children	(408) 280-5055
Incest Help (Berkeley)	527-4876
CAP, Child Abuse Prevention (Berkeley)	549-2655

Examiner chart

HAPPY HOLIDAYS!



"GIVE ME WHERE
TO STAND, AND I
WILL MOVE THE
EARTH"

ARCHIMEDES

CORTLAND COMMUNITY
MALL

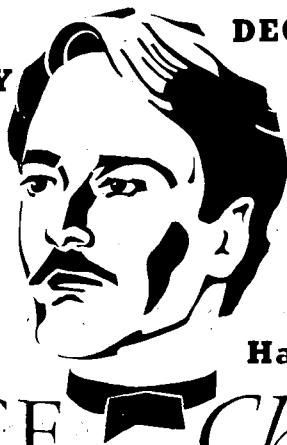
"Indoor Flea Market"

519 CORTLAND AVE., S.F.

285-2049

OPEN TUESDAY
THRU SATURDAY
9 a.m.-6 p.m.

DECEMBER SPECIAL:
SHAMPOO AND
WET CUT \$10.00



285-0233
434 CORTLAND
SAN FRANCISCO

Call or Walk in
Se Habla Espanol

Hair design by Luisa

PRINCE Charming

BARBER SHOP—HAIR DESIGN for Men and Women

FREE CONFLICT RESOLUTION SERVICE

For Bernal Heights Youth Who Call Community Boards

ARE YOU:

- Arguing with parents, friends or the people down the block?
- Having Problems in school?
- Hassling with the police?

Community Boards is a dispute resolution program serving 22 San Francisco neighborhoods. We've been in Bernal since 1977, and we really make a difference by helping individuals of different ages and cultural backgrounds with effective dispute resolution.

For more information, call Bernal Heights Community Board, 821-6590.

3% Housing Rehab Loans Available

The Bernal Heights Community Foundation continues to have available 3% housing Rehabilitation Loans. The program offers qualified low-income single family homeowners as much as \$20,000 to correct serious Housing and Health and Safety code violations.

People interested in receiving more information are invited to call the Bernal Heights Community Foundation, 647-4255. Please ask for Gloria Ronas or Michael Reed Monday thru Friday, 9 am-5pm, or drop by the office located at 399 Cortland Avenue.

PRESTAMOS PARA REPARAR SU CASA AL 3% DE INTERES

Bernal Heights Community Foundation tiene disponible prestamos para reparar su casa. El programa ofrece la oportunidad a personas de bajo recurso economico, un solo propietario con ingreso hasta \$20,000. Estos prestamos son para corregir problemas y violaciones al codigo de construccion, salud y seguridad (Housing and Health and safety code violations).

Interesados, por favor llamar a BHCF 647-4255 y pregunten por Michael Reed. Lunes-viernes, 9 - 5, 399 Cortland Avenue.

DMV Appointments

California DMV offices have switched to a new, almost-no-waiting system of handling vehicle registration and driver licensing transactions by appointment.

"In keeping with Gov. Deukmejian's announced top priority of serving the public better, the notoriety if your local DMV office as a place plagued by long lines of waiting customers is about to end," declared Foster Nistle, manager of the Daly City branch of DMV.

For S.F. registration assistance, the number to call is 557-2430 and for driver licensing appointments, 557-1191.

FREE CLASSES

Free classes in English: As soon as 25 people have signed up, free classes on Monday and Tuesday at 6:30 p.m. will commence at the Neighborhood Center, 515 Cortland. 648-0330.

Clases de Ingles - Gratis!!!

Tan pronto como esten registrados 25 personas. Seran en el Bernal Heights Neighborhood Center, 515 Avenida Cortland. Tel. 648-0330. Registre y aprenda ingles.

BULLETIN

WANTED: I am interested in buying a 2-3 bedroom home from a private party. Will pay all cash. 432-3064.

FOR SALE: 3/4 violin, German, signed by maker, w/case, tuner, music stand, metronome, music books, etc. \$175 or will swap for home repairs. 648-1868.

LOW COST spay/neuter for dogs/cats. Margaret, 1-4 p.m. ONLY, Mon.- Fri., 552-5353.

S.F. VEGETARIAN Society meets second Sunday each month at 22nd Geary, Homestead Savings. Open to public. More information? 775-6874 evenings. Or \$1 to 1450 Broadway will get you some healthful vegetarian recipes.

MENSA -- Where intelligent people meet for the fun of it. For membership information, write: Mensa, Apt. 402 150 Lombard, S.F. 94111.

FREE Children's jazz dance class, Tuesdays, 4-5:30 pm. at Bernal Heights Recreation Center at Moultrie and Jarboe (behind the Library). Instructor: Betty Gamboa.

BOUTIQUE by BHNC Seniors at St. Kevin's, Dec. 2, 9 am - 2 pm. FREE ADMISSION!



1599 SANCHEZ ST. and 29th St Corner
Ph. 824-8022 San Fran Ca 94131

A NON-PROFIT GROCERY STORE

GOOD PRICES OF FOOD IN BULK

WHOLE GRAIN FOODS FLOURS
NUTS, OILS → ORGANIC PRODUCE
LARGE VARIETY OF CHEESES TEAS
COFFEES HERBS
AND STAPLE HOUSEHOLD ITEMS

We accept food stamps and offer 10% discount for senior citizens.

We encourage recycling by asking you to bring your own container and bags

We OPEN: Mon to Sat. 10→7 Sun 10→3
EASY PARKING → COME SEE US

South of Army

LEO R. SAPIENZA REALTY
HOMES - INCOME PROPERTY - INSURANCE - PROPERTY MANAGEMENT

LEO R. SAPIENZA
REAL ESTATE BROKER
3361 Mission Street
San Francisco, Calif.
Phone: 648-4000

PERSONAL INJURY • PROBATE
IMMIGRATION • DRUNK DRIVING
CRIMINAL DEFENSE • DIVORCE

FRED B. ROSENBERG
ATTORNEY/ABOGADO

3363 Mission Street / San Francisco, CA 94110
415 / 647-8000 & 285-0440 Hablo Español

NAVARRO'S Fitness Center

WEIGHTLIFTING

Aerobics:
Building a
Better Body

LEARN
KENPO KARATE
Self-Defense

Sauna & Jacuzzi

3470 MISSION STREET

PHONE 550-1694



THE COMPLETE NATURAL PET SUPPLY COMPANY

• BULK HEALTH FOODS & HERBS
• FLEA & TICK REMEDIES
• HOLISTIC VETERINARIAN SWITCHBOARD

Philip Zamora
285-0209
3274 MISSION ST. S.F.



HOME FEDERAL SAVINGS
AND LOAN ASSOCIATION OF SAN FRANCISCO

GARY W. CLARK
ASSISTANT VICE PRESIDENT
BRANCH MANAGER

3334 Mission Street • San Francisco, CA 94110 • (415) 826-8160

BOARD

LOVE FOR SALE! Adopt a pet from Pets & Pals, a nonprofit humane group, all-volunteer. 552-5353, 1-4 pm, Monday to Friday ONLY. Or SEE the animals, same hours, at 26 Fell, off Market.

FOR SALE: Large old trunk \$20. Washing machine \$50. 648-1868 eves.

DESK Nameplates, ID badges, plastic signs. Mon.- Sat. 9 am - 9 pm. 863-3056, 684 Guerrero. Fast service.

LIVE music ballroom dance, 2-4 on Sun. Dec. 2, Golden Gate Park Senior Center, 6101 Fulton near 37th Ave. \$1 donation requested.

ALCOHOLICS ANONYMOUS open meetings Thursdays 8:30 pm. 515 Cortland. Coffee and refreshments, no dues or fees.

SENIOR program: Adult Development and Aging, Wednesdays 9 am - 2:30 pm., 515 Cortland. Free.

BAY AREA GUIDE to Christmas 1984 includes 85 discount stores/factory outlets & other aids to shopping. \$3.17 from Bay Area Guides, 25 Curtis St., S.F. 94112

BABYSITTERS: If you are interested in becoming a babysitter, and want to earn \$3-4/hour, call Childcare Switchboard, 826-1130.

Muni

Remember when Muni started changing all the schedules and routes? They promised to send you maps and info if you sent them a stamped envelope. They never did send it. Now they have introduced a complete set of public time tables for all their transit lines. Muni plans to publish 150,000 of these booklets four times a year. These are available free on all Muni trolleys and motor coaches, at Metro station-agent booths, Fast Pass outlets, public libraries, the City Hall information booth and the AC Transit ticket booth at the Transbay Terminal.

Tell Our Advertisers That You Saw It In The Bernal Journal

FAMINE RELIEF

People who want to contribute to African starvation relief efforts can send checks to several organizations in the Bay Area. They include:

- ° Catholic Relief Services, 2280 Palou Ave., San Francisco, 94124.
- ° African Relief, American Red Cross, 1550 Sutter St., S.F., 94109
- ° Black American Response to the African Crisis, 919 West Huntington Dr., Monrovia, CA 91016.

SCHOOL DAZE

Upcoming holidays for students in the San Francisco Unified School District are:

Winter Recess - Mon., Dec. 17 through Tues., Jan. 1; students return to school on Wednesday, Jan. 2, 1985.

Martin Luther King, Jr. Birthday Observance, Mon., Jan. 21, 1985.

KID STUFF

Children's movies-36 to be exact- have been added to the loan shelves of San Francisco Public Library and can be checked out through the Video and Deaf Services Dept. at the Main Library.

Same rules for children's videocassettes as those governing borrowing of movies for adults. That is:

- ° Children's movies must be checked on an adult card;
- ° two at a time for two days;
- ° with overdue fine at \$1.

Among the more popular children's titles circulating are Alice in Wonderland, Bad News Bears, Black Stallion, Chitty Chitty Bang Bang, Muppet Movie, Red Balloon, and Treasure Island.

Mission Merchants

DJ WINES & SPIRITS

Your Discount Wine & Liquor Gift Center
3278 Mission St. San Francisco, CA.

(415) 821-6544

Café Commons

3161 Mission Street
San Francisco, CA. 94110
(415) 282-2928

HOURS - MONDAY THRU FRIDAY 9:30 A.M. - 8:30 P.M.
SATURDAY 10:00 A.M. - 6:00 P.M.

DISERNIA'S PHARMACY
Sylvia Disernia, R.N., Pharm. D.

TELEPHONE
(415) 824-4044

3149 MISSION STREET
SAN FRANCISCO 94110



BAR and PATIO

A NEIGHBORHOOD BAR
SERVING A
DIVERSITY OF PEOPLE.

... your dive!

3158 Mission St.

LEVI, LEE, DICKIES, BEN DAVIS, OSHKOSH, CARHARTT
WOLVERINE BOOTS & SHOES

LIGHTSTONE'S

SINCE 1940

MASTER CHARGE OR VISA

1696 VALENCIA AT MISSION
SAN FRANCISCO, CA 94110

PHONE 282-1243
OR 282-1244

AQUARIUMS

PLANTS

PET SUPPLIES



B & H
TROPICAL FISH

3277 MISSION STREET
(NEAR 29TH STREET)
SAN FRANCISCO, CALIFORNIA 94110

PHONE 826-2120



DELIVERS*



550-8080

2823 Mission at 24th

*on the sunny side of Market Street
fast and free to most neighborhoods.

BERNAL JOURNAL

The Bernal Journal is produced every two months by a group of volunteers, with the support of community business. Our circulation for this issue is 5000. Our mailing address is 515 Cortland Avenue, SF 94110.

EDITOR: Lurilla Harris

ADVERTISING: Lisa Steadman

TREASURER: Carlos Alcala

TRADUCCION: Araceli Matus

PRINTING: Garrett Press



Next deadline: Jan. 20

ADVERTISERS

Basic ad rate for display advertising is \$10 per column inch. Business card rate is \$20. Discounts are available to regular advertisers and for large ads (8 column inches or more.)

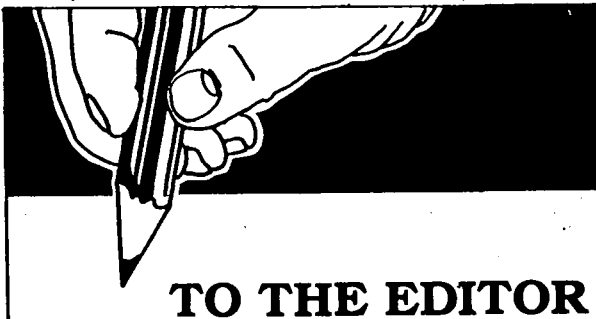
TATTOO FOR DOGS

Free Tag for Each Dog Tattooed · Free Hot Line for Lost & Found Tattooed Dogs w/Free Local Registry Clinics arranged · Phone anytime

Available: National Dog Registry, est. 1966. One-time cost of registering your social security number on present and future dogs is \$35.00. Cost of Tattoo: \$10.00 per dog. Also available: Plastic engraved signs, name tags & dog or cat tags.

684 Guerrero Street
San Francisco, CA 94110

Phone 863-3056
Phone anytime



TO THE EDITOR

EDITOR:

I wish to register with you my very strong opposition to the recent decision to permit St. Luke's Hospital to erect large neon sign of advertisement on top and on the side of the building. I cannot accept the statement that such was required to identify the building to the local inhabitants.

I have lived in my house, with a lovely view of San Francisco, for 27 years -- since before Bay View Federal Savings and Loan erected their large building adorned with neon advertisement. In fact, I was hoping to see that sign disappear from my view prior to my departure from this world. Now, instead, even worse is a possibility. My visual tranquility is about to be shattered further by an even more gross visual infringement.

If such is permitted in this situation, how can it be denied to all other facilities that make a similar claim in the future? The city horizon looks so great now -- must we again go through the nonsense of visual clutter that we have all so long fought to eliminate? Please reconsider this unfair decision; it is not yet too late.

Austin D. Shaffer, Jr.
San Francisco Citizen and
Concerned Resident

Win a Million!

° The first lottery tickets must go on sale no later than March 21, 1985. No state funds may be used for the lottery except a temporary \$16.5 million line of credit for start-up costs.

° Half of all proceeds will be returned to players as prizes. Up to 16 percent of proceeds may be used to cover administrative costs.

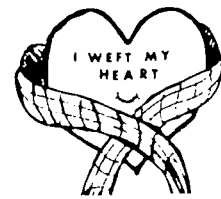
° At least 34 percent of the revenue will go to state schools, colleges and universities, all to be used for education and not construction, property acquisition or research.

° A state lottery commission will consist of five people appointed by the governor and confirmed by the state Senate. No more than three members shall be members of the same political party. The Commission will determine - with certain exceptions -- the form it will take, the number and types of prizes and the method of determining winners.

° Players must be 18 or older.

° Annual ticket sales are estimated at \$1.25-\$1.7 billion, with revenue to the schools estimated at 500 to \$680 million.

Beautifully
HANDWOVEN & HANDKNIT
GOODS



at S.F. FIBER

IDEAL FOR HOLIDAY GIFTS!

OPEN HOUSE
Dec. 1st 10-6
Saturday

(415) 821-2568

3435 ARMY ST. #222
SAN FRANCISCO, CA 94110

SUPPORT THESE MERCHANTS They Support You!

Bernal Heights
YEAR ROUND APPOINTMENTS
REASONABLE RATES



FEDERAL, STATE & OUT OF STATE
INDIVIDUAL AND BUSINESS
NOTARY AND IN-HOUSE COMPUTER

ROBERT G. MOSER, E.A.
FLORA L. ALEXANDER, T.P. ASSOC.
501 CORTLAND AVENUE
SAN FRANCISCO, CA 94110

(415) 641-4922
(415) 282-2609
RES. (415) 993-6811

Bernal Heights Law Collective

General Legal Practice including:

- Divorce and Family Law
- Criminal Defense
- Personal Injury
- Wills and Probate
- Social Security Disability
- Bankruptcy
- Immigration
- Eviction Defense

Free consultation

707 Cortland Ave. (415) 826-6900



OPEN 9am-10pm

301 CORTLAND - BOCANA

ESPRESSO
SANDWICHES
BEER & WINE
SALADS
DESSERTS
COFFEE BEANS

SAN FRANCISCO
AUTO REPAIR CENTER
FOREIGN AND DOMESTIC AUTO REPAIRS



- Dependable Work - Honest Prices
- Basic Auto Repair Classes
- A Community-Oriented People's Garage
- Men & Women Mechanics
- Official California Smog Station

611 Florida St.
(Near 18th St.)
San Francisco 94110

"Stick With Us
For Quality
& Service!"

Daniel W. Torres

NOE-BERNAL GLASS

401 Cortland Ave.
San Francisco, CA

(415) 285-3181

ST. KEVIN'S BINGO

Every Wednesday Night

Parish Hall—Ellsworth off Cortland
Doors Open 6:00 pm

First Game—7:50 pm

CARDS 4/\$3.50 8/\$7 12/\$10.50
includes all regular/jackpot games

\$100 Every Game • Bonuses

Good Neighbors • FREE GAME

"SOCKO" • Door Prizes • Jackpots!